

# Choosing Forgiveness

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## Objective

- Defining Forgiveness
- Identifying Elements of Forgiveness
- Considering Reconciliation

## What is Forgiveness?

- **Definition:** Releasing what is owed us by those that have done wrong against us.
- **Releasing:** Letting go. Sending away. Giving over.
- **Owed:** Debt. Payment due. Rights.
- **Wrong** against us: Offense. Hurt. Sin.

## Vertical and Horizontal Forgiveness

*Ephesians 4:32, "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."*

Horizontal

*Colossians 3:13, "Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye."*

Vertical

## Love: Forgive One Another

Col 3:13  
"...forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.



1. Recall the Offense
2. Extend Grace
3. Release Debt
4. Hold on to Forgiveness

## Components of Forgiveness

Decisional	Emotional
<ul style="list-style-type: none"> <li>• Making a choice or decision to forgive.</li> <li>• Happens at a point in time and can occur quickly.</li> <li>• Decisional forgiveness leads to emotional forgiveness.</li> </ul>	<ul style="list-style-type: none"> <li>• This is an ongoing process and at times, a long process.</li> <li>• Happens when you have released emotions of bitterness and anger.</li> <li>• Shift from ill will to good will.</li> </ul>

## Forgiveness is Not \_\_\_\_\_ .

### Horizontal Forgiveness

1. Forgiveness is not dependent on an apology.
2. Forgiveness is not denying the seriousness of the offense.
3. Forgiveness is not forgetting the offense.
4. Forgiveness is not about eliminating consequences.
5. Forgiveness is not reconciliation or rebuilt trust.

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## Reconciliation → Beyond Forgiveness

Forgiveness	Reconciliation
<ul style="list-style-type: none"><li>• Forgiveness is the releasing what is owed us by those that have done wrong against us.</li></ul>	<ul style="list-style-type: none"><li>• Process whereby two people take steps to rebuild a relationship that has been hurt.</li><li>• May not always be possible.</li></ul>

*Romans 12:18, "If it be possible, as much as lieth in you, live peaceably with all men."*

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## Steps to Reconciliation




**Repentance** – humbly, honestly admitting any wrong and acknowledging the pain caused.

**Restitution** – providing due compensation to prove sincerity.

**Rehabilitation** – may be necessary to provide an assurance of changed behavior.

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## Further Resources

-  [Forgiveness Article](#)
-  [Fives Keys to Dealing with Hurt Webinar](#)
-  [Rebuilding Trust](#)

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